



2021 Parliament Private Lessons - Guards List

Maura Caines

Contact Info: 571-253-4528 or mauracaines05@gmail.com [text preferred]

Experience: 2 years coaching: Parliament Swim Team Assistant Coach (Volunteer Minis Coach 2018, 2019, 2021), Parliament Winter Swim Coach, Fairfax Foxes Outreach Clinic Instructor 2020

Certified Lifeguard

Price: \$15/lessons (lessons are 30 min)

Freya Johnson

Contact Info: 703-400-9532 or freyajohnson@gmail.com [text preferred]

Experience: 3 years coaching: Parliament Swim Team Assistant Coach (2017-2019), Parliament Winter Swim, Coach, Group lessons and Private lessons

Certified Lifeguard

Price: \$15/lessons (lessons are 30 min)

Laura Lafreniere

Contact Info: 703-3386096 or laura@capitalmma.com [text preferred]

Experience: 2 years coaching: Parliament Swim Team Assistant Coach (Volunteer Minis Coach 2018, 2019, 2021), Parliament Winter Swim Coach, Group Lessons

Certified Lifeguard

Price: \$15/lessons (lessons are 30 min)

Harper Magnuson

Contact Info: 703-559-4116 or harper@new-leaf-design.com [text preferred]

Experience: 4 years coaching: Parliament Swim Team Assistant Coach (2021), Parliament Winter Swim, Group Lessons, Ravensworth Fledglings Coach

Certified Lifeguard

Price: \$15/lessons (lessons are 30 min)

Lucy Wiemer

Contact Info: 703-832-2094 or lucy.wiemer@gmail.com [text preferred]

Experience: 4 years coaching: Parliament Swim Team Assistant Coach (Minis Head Coach 2021, Volunteer Assistant: 2018, 2019), Parliament Winter Swim, Group Lessons

Certified Lifeguard

Price: \$15/lessons (lessons are 30 min)